



2022 NCSAA Track and Field Championships Beaver Falls, PA – Saturday, May 14, 2022

Dear Athletic Director and Track and Field Coaches:

Thank you for your registration for the annual NCSAA Track and Field Championships!

Very Important Meet Information:

- ✦ Location: *Geneva College (Beaver Falls, PA)*
Date: *Saturday, May 14, 2022*

Coaches' and Volunteers' Meeting at 8:30 AM

Opening Prayer will be held at 9:25 AM

Field Events will begin at 9:30 AM, and first Running Events will begin at 11:30 AM

- ✦ National Federation of High School rules will generally be used. The final decision in any dispute will be made by the meet director, in coordination with the meet officials.
- ✦ Eight Divisions: *Girls' Junior-High – Division 1 (60 or more students in grades 6-8)*
Girls' Junior-High – Division 2 (59 or fewer students in grades 6-8)
Boys' Junior-High – Division 1 (60 or more students in grades 6-8)
Boys' Junior-High – Division 2 (59 or fewer students in grades 6-8)
Girls' Senior High – Division 1 (51 or more students in grades 9-12)
Girls' Senior High – Division 2 (50 or fewer students in grades 9-12)
Boys' Senior High – Division 1 (51 or more students in grades 9-12)
Boys' Senior High – Division 2 (50 or fewer students in grades 9-12)

- ✦ Each school may enter a maximum of three athletes in each individual running event, with the exception of distance events (800, 1600, 3200). In those events, teams may enter an unlimited number of athletes – but only the top three finishers from each team will score points or earn ribbons.
Each school may enter a maximum of three athletes in each individual field event.
Each school may enter one relay team (comprised of four athletes) in each relay event.

Each athlete may participate in a maximum of four individual events (events that are not relays). There is no limit on the number of relays in which an athlete can participate, in addition to individual events (though we advise teams to enter an athlete in a maximum of two relays, since the relays will be conducted consecutively). ***If an athlete competes in a fifth individual event, all individual and team points earned by that athlete in all individual events will be forfeited.***

- ✦ **Meet Volunteers** -- Each team is required to supply 1-2 adult volunteers to assist in the running of the meet.
 - We will contact you soon with a sign-up form for volunteers. For now, just begin asking some of your parents whether they would be willing to help as volunteers. NO VOLUNTEERS will be used as head judges at events; we have PIAA officials coming to work as starter, finish line coordinator, and field event head judges.
 - Please communicate to your volunteers that they should arrive early for the 8:30 AM volunteers' meeting. **This is VERY IMPORTANT so that the meet can start on time and be run in an organized manner!**

✦ **Athlete Registration Procedure**

- Your athlete entries for all divisions must be received by NCSAA no later than 11:59 PM on **Tuesday, May 10**. (Directions for online submission of your roster/entry sheets are provided on the following pages.)
- We will send the meet entries to the FAT company that is timing and scoring the meet, after that time – so all entries **MUST** be entered by the deadline – and no changes can be made after that time. In addition, please be aware that ***absolutely no changes will be allowed on the day of the meet (except for relay substitutions).***
- ***The Athletic Medical Waiver Form must be submitted for each athlete participating in the meet.*** Forms must be submitted online and are due by Wednesday, May 11, at 11:59 PM. See directions on the following page.
- Please check the meet schedule (Order of Events) in order to determine the events in which your athletes will be able to participate. We will not publish start times for each event; each track event will begin as soon as the preceding event ends. Field events (with the exception of high jump) will be conducted in “open pit” format (explained on third page).

↳ **Athlete Entry Forms** – Rosters and event entries must be submitted online, via the process described below.

- You must submit your athlete entry forms online, at **<http://www.runnercard.com>**
- In order to enter your athletes into their events for this meet:
 - Go to the RunnerCard web site, at **<http://www.runnercard.com>** and click on the gray Track and Field button.
 - If you don't currently have a Coaches' Account for the RunnerCard site, you'll need to create one. (Click "Create Account" under the New Users area on the right side of the home page, and go through the process to create an account.)
 - Once you've set up your account, you can login to RunnerCard and register for the meet. In the "Classifications" area (on the left sidebar of the home page), click on the "High School - Junior High" link, and then search for the NCSAA Track and Field Championships (May 14, 2022). Click the "signup" link (to the right of the name of the meet) and register for the meet.
 - Once you are registered for the meet, you will be able to enter your athletes. Login to your account, click on "Athletes" in the blue navigation bar on the left side of the page), and enter each of your athletes. (Be sure to include the *first name, last name, gender, and year in school* for each athlete. The other information is not needed for our meet.) A competitor's birth certificate determines his or her participation classification for this meet.
 - After entering your athletes, click on "NCSAA Track and Field Championships" (under the "Your Meets" section, on the right side of the page). Click on each athlete's name, and you will be able to choose the individual events into which to enter each athlete. ***Be careful to enter athletes into events in the correct division (Senior High / Junior High), as well as the right gender (Boys / Girls). It's very easy to make a mistake that would result in entering your athlete into the incorrect event, which may result in his/her being unable to compete in that event.***
 - After you finish entering each athlete into individual events, scroll down the page and enter your relay teams. In the left column, you will click on the name of each relay, add a relay team, and select the athletes that will participate in that relay.
 - The deadline for roster and event entry submissions is **Tuesday, May 10 – at 11:59 PM**. You can come back to the RunnerCard site any time before the submission deadline to make changes to your roster and event entries. You can also print a copy of all of your meet event entries, for your convenience.
- With regard to seed times, please only include actual times from this year. *Do not guess or estimate*. The meet director has the authority to disregard times that seem irregular. *Seeding decisions made by the meet director are final*.
- *You may not enter any alternates for any events*. Please make your decision regarding each athlete's event participation in advance; this is necessary to keep the meet running quickly and smoothly. Thanks!
- If you need help submitting your event entries or navigating the RunnerCard web site, please feel free to contact NCSAA for assistance.

↳ **Athlete Medical Waiver Forms** – The Medical Info and Waiver Forms must be submitted online.

- Web site address: **<http://www.ncsaa.org/events/athlete-waiver-form>**
- The submission deadline for online form submissions and payments is **Wednesday, May 11 – at 11:59 PM**.
- Directions for form completion and submission are provided online.

↳ **Meet Fees**

- All teams should have already submitted their team registration fees for the meet. If you have not already submitted those to NCSAA, please do so ASAP. Contact us at 724-846-2764 (phone) with questions or instructions for doing so.
- Each team must also submit individual athlete fees for each of their athletes (**due by Wednesday, May 10**).
- Individual athlete fee structure:
 - NCSAA member schools - \$5 per athlete
 - Non-member schools - \$10 per athlete
- Please make checks payable to NCSAA and send to: *NCSAA, 2105 Clayton Road, Beaver Falls, PA 15010*. Thanks!
- Payment may also be made online at **<http://www.ncsaa.org/payments>**

↳ **Scoring and Awards**

- All events will be scored 10-8-6-5-4-3-2-1 (10 points for 1st place, 8 for 2nd place, 6 for 3rd place, etc).
- Awards will be presented to the top two teams (most points) in each division.
- Individual ribbons will be presented to the top eight finishers in each event. In addition, one senior-high boy, one senior-high girl, one junior-high boy, and one junior-high girl will be recognized as Most Outstanding Athlete (selected on the basis of most individual points), with 2nd and 3rd place overall athletes also recognized.
- Individual points will be awarded **ONLY** for individual events. Points for relay events will be awarded **ONLY** to the teams; there will be no individual points awarded for participation on relay teams.

↳ Miscellaneous Information

- The track is an eight-lane, all-weather track.
- We will run the meet rain or shine. Please come prepared with a canopy, tent, or tarp in case of rain or extremesunshine.
- Spikes (1/4" pin spike) or running flats may be worn. No hard-soled shoes arepermitted.
- All participants must wear shoes and a jersey during the day, even when notparticipating.
- **Athletes and spectators are expected to exhibit modesty in attire.**
- Athletes who wish to use starting blocks must provide their own equipment and assistance.
- Athletes should not leave the meet site unless they've received permission from their team's coach, so that they won't miss any of their events.
- Spectators must stay off of the infield (and back from the fence) during the meet. All athletes not currently participating in an event (or checking in for the next event) must stay off of the infield, as well. Thanks for your help with this!
- There will be no lunch break during the meet; events will run continuously all day. ***A concession stand (pizza, snacks, water, and other drinks) will be available at the meet facility.***

↳ COVID-19 Positivity and Exposure Policy

- Due to the COVID-19 pandemic, NCSAA wants to ensure a safe and considerate atmosphere for all teams and individuals that are attending this year's Track and Field Championships. Therefore, we are asking all attendees to follow the CDC guidelines for positive tests and exposure. -- Any person who has tested positive for COVID-19 in the previous five (5) full days should not attend the meet. In addition, any person who has had direct exposure to COVID-19 within the last five full (5) days is asked not to attend the meet (unless you are vaccinated and asymptomatic).
- ↳ Directions to Geneva College (**3200 College Avenue, Beaver Falls, PA 15010**) have been provided to you online. If you need any help finding a hotel for lodging purposes (if you need overnight accommodations), please give us a call; we'd be happy to help. We would recommend the Ramada by Wyndham in Beaver Falls, PA.
- ↳ The **high jump** will begin at 9:30 AM and proceed in the following order – SH Girls, SH Boys, JH Boys, then JH Girls. Athletes will be called in order for their jump attempts. If any athlete needs to temporarily leave the high jump to participate in a running event, he/she should notify the official in charge of the high jump. If an athlete leaves the high jump without notifying the event official (and misses his/her jump), he/she may be disqualified from the event.
- ↳ The “open pit” format will apply to **all other field events**, excluding high jump. An athlete entered in an “open pit” field event can report to the event location at any time during the scheduled “open pit” period in order to perform his/her jumps or throws. (The judge at the event may call the athletes in a certain order, to help the event move along in a timely fashion. Athletes who are “skipped” in the calls will not be disqualified, as long as they report to the event judge with enough time remaining before the event timeframe has concluded.) ***Tentative*** “open pit” times are as follows:
 - Shot Put
 - JH Girls – 9:30-10:30 AM
 - JH Boys – 10:30-11:30 AM
 - SH Girls – 11:30 AM – 12:30 PM
 - SH Boys – 12:30-1:30 PM
 - Discus
 - JH Boys – 9:30-10:30 AM
 - JH Girls – 10:30-11:30 AM
 - SH Boys – 11:30 AM – 12:30 PM
 - SH Girls – 12:30-1:30 PM
 - Long Jump
 - SH Boys – 9:30-10:30 AM
 - SH Girls – 10:30-11:30 AM
 - JH Girls – 11:30 AM – 12:30 PM
 - JH Boys – 12:30-1:30 PM
 - Triple Jump
 - SH Girls, SH Boys – 1:30-2:15 PM
 - JH Girls, JH Boys – 2:15-3:00 PM

↳ The events in the NCSAA Track and Field Championships are listed below. Please check carefully.

<u>Girls Jr. High</u>	<u>Boys Jr. High</u>	<u>Girls Sr. High</u>	<u>Boys Sr. High</u>
100 meter	100 meter	100 meter	100 meter
200 meter	200 meter	200 meter	200 meter
400 meter	400 meter	400 meter	400 meter
800 meter	800 meter	800 meter	800 meter
1600 meter	1600 meter	1600 meter	1600 meter
		3200 meter	3200 meter
100 meter hurdles (30")	110 meter hurdles (30")	100 meter hurdles (33")	110 meter hurdles (39")
		300 meter hurdles (30")	300 meter hurdles (36")
400 meter relay	400 meter relay	400 meter relay	400 meter relay
1600 meter relay	1600 meter relay	1600 meter relay	1600 meter relay
3200 meter relay	3200 meter relay	3200 meter relay	3200 meter relay
Long Jump	Long Jump	Long Jump	Long Jump
Shot Put (6 lbs.)	Shot Put (8 lbs.)	Shot Put (8 lbs.)	Shot Put (12 lbs.)
Discus (1 kg)	Discus (1 kg)	Discus (1 kg)	Discus (1.6 kg)
High Jump (SH 3'4")	High Jump (SH 3'4")	High Jump (SH 3'6")	High Jump (SH 4'0")
Triple Jump	Triple Jump	Triple Jump	Triple Jump

NEW events for this year are highlighted in **RED** above.

(See following page for Order of Events.)

NCSAA Track and Field Championships
Geneva College – Beaver Falls, PA - Saturday, May 14, 2022

ORDER OF EVENTS

8:30 AM – Coaches' and Volunteers' Meeting

9:25 AM – Opening Prayer

Field events begin at 9:30 AM.

High Jump - begins at 9:30 and proceeds in the following order:

- SH Girls, SH Boys, JH Boys, JH Girls

Shot Put

- JH Girls – 9:30-10:30 AM
- JH Boys – 10:30-11:30 AM
- SH Girls – 11:30 AM - 12:30 PM
- SH Boys – 12:30-1:30 PM

Discus

- JH Boys – 9:30-10:30 AM
- JH Girls – 10:30 AM - 11:30 AM
- SH Boys – 11:30 AM - 12:30 PM
- SH Girls – 12:30-1:30 PM

Long Jump

- SH Boys – 9:30-10:30 AM
- SH Girls – 10:30 AM - 11:30 AM
- JH Girls – 11:30 AM - 12:30 PM
- JH Boys – 12:30-1:30 PM

Triple Jump

- SH Girls, SH Boys – 1:30-2:15 PM
- JH Girls, JH Boys – 2:15-3:00 PM

Running events begin at 11:30 AM and will proceed in the following order:

SH Girls 100 Meter High Hurdles (33")

JH Girls 100 Meter Low Hurdles (30")

JH Boys 110 Meter Low Hurdles (30")

SH Boys 110 Meter High Hurdles (39")

100 Meter Dash Heats – JH Girls, JH Boys, SH Girls, SH Boys

1600 Meter Run – JH Girls, JH Boys, SH Girls, SH Boys

400 Meter Dash – JH Girls, JH Boys, SH Girls, SH Boys

300 Meter Hurdles – SH Girls (30"), SH Boys (36")

800 Meter Run – JH Girls, JH Boys, SH Girls, SH Boys

100 Meter Dash Finals – JH Girls, JH Boys, SH Girls, SH Boys

3200 Meter Run – SH Girls, SH Boys (likely will combine divisions to save time)

200 Meter Dash – JH Girls, JH Boys, SH Girls, SH Boys

400 Meter Relay (4x100) – JH Girls, JH Boys, SH Girls, SH Boys

3200 Meter Relay (4x800) – JH Girls, JH Boys, SH Girls, SH Boys (likely will combine divisions)

1600 Meter Relay (4x400) – JH Girls, JH Boys, SH Girls, SH Boys

A closing ceremony will take place following the completion of the meet. All teams should plan to stay for that ceremony, if possible. Team and individual awards (as well as event ribbons) will be presented.